Miracle Mineral Supplement - MMS

Friday, January 2, 2009

MMS Instructions for MMS- 5 to 1

Old Protocol of MMS INSTRUCTIONS: (now called *Water Purification Drops*!)
Take MMS twice daily (or more times). Always after a meal to prevent nausea! Avoid vitamin C supplements – they will neutralize the benefits.

Day 1: Put 1 to 2 drops of MMS in an empty clean glass Add: 5 drops of citric acid solution, lemon or lime juice for EACH drop of MMS that you use. Wait 3 minutes after mixing the solution to allow the mixture **to activate**. Then: Add about 1/2 glass of water. It is best to drink immediately, although this drink is good for an hour. (Time reduces potency.)
(Citric acid in place of lemon or lime juice seems to be getting better results. Buy citric acid powder. Take a tablespoon level with citric acid in an empty glass. Then add 9 level tablespoons of water. This is a 10% solution of citric acid. Use 5 to 1. That is 5 parts citric acid solution to one part MMS) When activated it becomes chlorine dioxide.

Each day after: Increase MMS by 1 or 2 drops each day until you have reached fifteen drops, or follow your health consultant's advice. Continue with fifteen drops twice a day, after a meal, until you feel your immune system can overcome any health problems. Some take it 4 times a day. Read Jim Humble's book. Visit his websites for testimonials.

Nausea: Vitamin C is an antidote in cases where nausea occurs. On your next dose of MMS drop back one or two drops and stay at that level for two or three days before continuing to increase your dosage. Nausea has not proven to be dangerous but it can make people hesitant to continue their MMS program.

For Children: Begin with 1 drop of MMS and work up to 2 drops for each twenty-five pounds (11.4 kg) of body weight. Always add 5 drops of citric acid, lemon or lime juice for each drop of MMS and wait 3 minutes, then add water and drink.

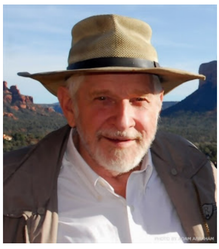
Note: Apple, pineapple, or grape juice that has no Vitamin C added as a preservative can be substituted for water. No ascorbic acid added to juice.

Warnings:

- Carefully follow the directions on the bottle
- Do not ingest full strength
- Keep out of the reach of children
- Use water to wash MMS from your skin or eyes
- Keep out of direct sunlight
- Use 1 to 5 grams of vitamin C to treat nausea or overdose, less for children

MANDATORY DISCLAIMER
This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

This information in this brochure is presented for educational purposes only and is not intended to be construed as medical advice, nor is it intended to lead anyone away from a qualified health practitioner. We make absolutely no claims of any cure for any disease. Water Purifiers – Chlorine Dioxide -- have been used for over 70 years. Using MMS is for personal experimental investigation. We cannot take any responsibility for those who may want to treat themselves beyond the benefit recommended as a mineral supplement. If you have a medical condition, we urge you to be supervised by a qualified healthcare professional of your choice.



Never use MMS without mixing with an activator...eg 10% citric acid or fresh lemon or lime juice!

Mix 5 drops of Citric Acid or lemon or lime juice - per 1 drop of MMS

Start with 1 drop of MMS and 5 drops of Citric Acid/lemon/lime.

Take 2 or 3 times per day and increase dosage each time by 1 drop and 5 drops Citric Acid /Lemon/Lime ie; 2 then 3 then 4 and so on to a max of 15 drops (and 75 or 5ml of citric acid).

You can take with or without food, Jim Humble says it works better on an empty stomach but I prefer to take it with a full stomach as I tend to get cramps on empty stomach.

If nausea, diarrhea or vomiting is experienced, drop back by a couple of drops until it has passed (DON'T STOP taking it). These symptoms are a GOOD sign and show that the MMS is working on problems in your body. If you are carrying toxins or illness in your body this could take a while (remember – you have spent years accumulation this stuff).

When nausea is no longer present at your current dosage, continue to work up to 15 drops 2-3 times per day. If you find it too strong to take this large a dose, it can be broken down into smaller doses throughout the day ie; 3 x 10 drops or 4 x 7-8 drops.

This dose over a few weeks or more will clear up most problems.

More serious problems can take quite a while stick with it you will be rewarded.My husband is taking MMS for Lyme disease.
http://reikiranch.net

Posted by ***Unknown*** *at* ***8:39 AM***
Labels: ***Lyme disease, MMS Instructions for MMS***

1 COMMENT:

John Will **said...**
Herpes Finally Gone, thanks to Dr. Utu for his Herbal Treatment.
I had a sudden onset of cold sores and a new one was appearing each day. I was on primary immunosuppressant I noticed my body just can't fight the virus on its own. After five days of treatment and no success I suspected herpes I went for test and it was confirmed. God was my strength I met a doctor for treatment. He gave me Dr Utu's contact. I contacted him immediately, This medication was far amazing that within 24-48 hrs the blisters were crusting over. The swelling and redness was decreasing as well. I was on four weeks herpes medication which I completed before going for test. I went for herpes test and then again back to my doctor who confirmed me herpes negative it was really like a dream. What a relief! Feel Free to contact Dr Utu Email:- drutuherbalcure@gmail.com OR WhatsApp :- +2347032718477

September 19, 2019 at 6:14 PM

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